

Swine Flu

Dear Parents/Guardians:

As you are aware the outbreak of Swine Flu in Mexico is of concern to public health officials in the United States. The Center for Disease Control is carefully tracking the possible spread of the disease in the United States. Currently there are only 40 cases in the U.S. and none in Massachusetts. Individuals who have recently traveled to Mexico are encouraged to be especially aware of the signs and symptoms of the flu. Recommendations for prevention, diagnosis and treatment of Swine Flu may be found on the Center for Disease Control (CDC) website <http://www.cdc.gov/swineflu/>.

The following symptoms are indicative of flu or flu like illness:

Fever (usually 100.5 F. or higher)

Headache

Extreme tiredness

Dry cough

Sore throat

Runny/stuffy nose

Muscle aches.

If your child exhibits these symptoms please:

Keep your child home from school and other activities

Have him/her evaluated by their primary care physician and tested for flu

Please report MD findings to the school nurse

The CDC also recommends that anyone exhibiting the above symptoms:

Stay home from work/school and other activities including doing errands

Seek medical evaluation

If you have questions or concerns please contact Lynn Vozella at 781-721-7017 or Kathy Whittaker, R.N., Winchester Board of Health, 781-721-7121.